

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

Empowering older adults to remain active, connected,
and independent in the place they call home

November 2021 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...



Here's the November 2021 calendar of Novato Village activities... details in this newsletter!

Thursday, November 4, 9:30am – Monthly Walk at Las Gallinas Sanitation District

Monday, November 8, 9:30am – SMART train trip: carpool to San Marin Station → Santa Rosa

Tuesday, November 9, 1:30pm – Book Lovers' Group, Rustic Bakery, 1407 Grant Ave., Novato

Wednesday, November 10, 11:00am – The More You Know...about Emergency Evacuation
(Zoom)

Thursday, November 11, 1:30pm – CoffeeTea&Chat, at Rustic Bakery, 1407 Grant Ave., Novato

Saturday, November 13, noon – Volunteer Appreciation Drop-in Open House

Tuesday, November 16, 10:30am – Steering Committee & Program Committee

Wednesday, November 17, noon – Lunch at Star Restaurant, 1700 Novato Blvd., Novato

Saturday, November 20 – Village Viewers Movie Group, time & location to be announced

SAVE THE DATE – Wednesday, December 15 – Holiday Luncheon at Ghiringhelli's, Novato

Please visit the Marin Villages website for monthly Novato Village and other Villages' activities:

<https://marin.helpfulvillage.com/events>

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Cecil Sherrod and Beverly Rodgers

We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all unless noted)

Some events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. info@marinvillages.org or (415) 457-4633

Food & Drink

CoffeeTea&Chat

Thursday, November 11, 1:30 pm

Rustic Bakery, 1407 Grant Ave., Novato

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is **not** required. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633. For more information, contact Marge Jackson at (415) 892-1238 or marge-32@hotmail.com.



CoffeeTea&Chat at Panera on October 13—beautiful!

Lunch at Star Restaurant

Wednesday, November 17, noon – 2:00pm

1700 Novato Blvd, Novato

Star is a classic! Ode to comfort food, with a broad menu, surprisingly high quality and flavor, and amazing staff, not to mention the affordable prices and hearty portions. It never disappoints. To see the menu, use this Doordash link—but don't place an order for delivery!

<https://www.doordash.com/store/star-restaurant-of-novato-novato-288359/>

Please RSVP by Monday, November 15 so we can tell the restaurant how many guests we'll have for seating. Also, **please plan to pay with cash**, not credit cards. These are new requests that reflect the changes restaurants have made because of COVID, so we appreciate your understanding. **RSVP:** email Tom Nelson at tomnelson47@gmail.com or call (415) 320-2922. Tom does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.



Enjoying JD's BBQ indoors—October's stormy weather

Education & Presentations

The More You Know...about Emergency Evacuation

Wednesday, November 10, 11:00am – noon

Zoom

Learn from the source! Novato Fire District Chief John Dicochea and Novato Police Department Captain Jim Correa will update us about the new County Fire evacuation routes and ways to plan for fire and emergency evacuation; they will also make suggestions for those who need transportation assistance, depending on the individual's needs. Firefighters do not provide evacuation for individuals, so pre-planning is essential. They will discuss all this and more. Does everybody know where their emergency go bag is? No need to RSVP; the Zoom link will be sent to everyone by email.



Learning about Friends of IVC—speakers Sandi Bowman and Brady Bevis discussed campus refurbishing.

Exercise

Novato Village Walk at Las Gallinas Sanitation District

Thursday, November 4, 9:30 – 11:00am

310 Smith Ranch Road, San Rafael

We will enjoy a flat, packed-gravel, wide path around Pond 1 (or if more adventuresome we will walk around Pond 2 as well) at Las Gallinas Sanitary District. The walk around Pond 1 will take about 45 minutes. For those who want to walk a little further, walking around Pond 2 will take at least another half hour.

DIRECTIONS:

From Hwy 101 in San Rafael, take the exit for Smith Ranch Rd east approximately 0.7 miles. Drive over the railroad tracks and turn left just after passing under the vined trellis to stay on Smith Ranch Rd. (If you go through the park entrance, you have gone too far). Follow Smith Ranch Rd 0.8 miles to treatment facility. Park on the left. There are 10 parking spaces; however, this is a popular walk so carpooling is recommended. Also, traffic on Hwy 101 south from Novato to Smith Ranch Rd may be heavy at 9:00am so please leave enough time to get to the start of the walk by 9:30am. Please RSVP: pbailey49@aol.com or (415) 652-9073.



October's autumn walk at Indian Valley College

Books

Book Lovers' Group

Tuesday, November 9, 1:30pm

Rustic Bakery, 1407 Grant Ave., Novato

The book for November is *The Four Winds*, by Kristin Hannah. Marcia Sprinkle says, "At this meeting we will decide if there will be a December meeting and select a book if we decide to have one. Then in January we are asking everyone to come with two or three suggestions (all in the same genre if you want) and the month you would agree to host. 'Hosting' just means suggesting books and chairing the meeting. If possible we will plan books for the following six months. If folks want food or drink, please come early and get your order before 1:30pm so we can start on time. Rustic Bakery closes at 3pm. See you all in November!" For more information contact Marcia Sprinkle by email: msprinkle1884@yahoo.com.

Fun & Games

SMART Train/Clipper Card Adventure to Santa Rosa

Monday, November 8, 9:30am – 2:30pm or so

A fun adventure for Novato Village members and volunteers! Join us in taking the SMART Train from San Marin station to downtown Santa Rosa. We will have lunch in historic downtown Santa Rosa before returning on the train. We will plan to carpool from the Novato Fair Shopping Center (Diablo Blvd Safeway & Dollar Store) parking lot. Park on the Dollar Store side of the parking lot along the Redwood Blvd section of the lot.

We will meet at 9:30am and will take 1 – 3 cars for parking at the San Marin SMART Train parking lot. Round trip SMART Train fare is \$4.50 using your senior Clipper Card. The train leaves at 10:19am and we will return on either the 1:28pm or 2:32pm train, depending on the time we take for walking around town and having lunch. Please RSVP to or contact Pat Bailey for more information by Saturday, November 6. pbailey49@aol.com or (415) 652-9073

Groups

Village Viewers Movie Group

Saturday, November 27, time & location to be announced

Joanne Lang says, “In October we saw the James Bond movie *No Time to Die*. We had mixed reviews. The majority said it was good. I found it suspenseful and had you sitting on the edge of your seat. Then we enjoyed a delicious dinner and discussion at Moylan's Brewing Company. Please note that this month our movie group will be on the fourth Saturday. We want to see *House of Gucci* and it won't be released until Nov. 24th. I'm hoping it will be in our theatres on the 27th. I will email everyone the information closer to the day. Hope to see you there. Contact me with questions or movie suggestions.” (916) 716-5800 or Jlangtpa@gmail.com

Village Business

Novato Village Steering Committee & Program Committee

Tuesday, November 16, 10:30am – noon

NOVA RO II, 1130 Seventh Street, Novato

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for information.



Novato Village Steering Committee at the October meeting

MARIN VILLAGES EVENTS

Bocce ball! Note new date this Friday!

Friday, November 5, 1:15–3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Everyone is welcome to join in whether as a roller or as an observer. This is as much a social event as a bocce game, so do not be shy about joining us if you have not played bocce before. If you are tempted to play, we are fortunate to have many who are ready to assist you in learning the game. The equipment you will need is simple: a good sun hat, sensible shoes, comfortable clothes, and something to drink. Bring a snack to share with the group if you are able. For questions, please call Larry Meredith, (415) 860-2535. If you need a ride, contact the Marin Villages office, (415) 457-4633.

Not Home Alone – Thanksgiving

Thursday, November 25, 2:00pm

Donnalee Wells is inviting you to join her and other Villagers for Thanksgiving dinner at The Club at McInnis Park! Always a fun time and opportunity to share the holiday with old and new friends. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244.

COMMUNITY EVENTS

Marin Society of Artists Fall Showcase Virtual Gallery

October 10 – November 30, 2021

1515 3rd Street (corner of E Street), San Rafael



Marin Society of Artists members are a talented bunch. The showcases allow members to show some of their works for your viewing pleasure. Featured in the Fall Showcase, **THROUGH THE LENS** of these artists: Sheldon Bachus, Karen Gann, Donna Loftus, and Ronile Valenza. Please join us in our Virtual Gallery, available 24/7, October 10 through November 30, 2021. Free admission. <https://shows14.wixsite.com/mysite>

Our physical gallery is open from Thursday through Sunday, noon to 4:00pm. To see what is presented in person, visit <https://www.marinsocietyofartists.org/> Free admission and we are COVID-19 compliant.

Commission on Aging - Voices of Marin City

Thursday, November 4, 10:00 – 11:00am

Zoom

Since the development of Marin City in 1942 and the formation of the Marin City Community Services District (MCCSD) in 1958, Marin City residents have fed, clothed, educated, employed and cared for generations of their fellow community members. MCCSD's board and staff continue this work, embracing the values of community, civic engagement, and self-determination, dedicating their gifts and talents tirelessly in the pursuit of equity and inclusion for all Marin County residents. This presentation will feature speakers from the MCCSD who will discuss the history of Marin City, Golden Gate Village, and the Resident Council's Deep Green Renovation Plan. Participants will also learn how to get involved to support service and policies for older adults living in Marin City. Members of the public are encouraged to attend Commission on Aging business meetings!

Join Zoom Meeting—closed captioning available

<https://us02web.zoom.us/j/81902006054?pwd=aE1nT3VUOFI2VFNrZVEzU0NJVXNBQT09>

Meeting ID: 819 0200 6054

Passcode: 542097

Dial in number (669) 900-6833

Healthy Eating for YOU

Tuesday, November 9, 3:00 – 4:00pm



This online presentation sponsored by Village Movement of California will define what eating healthy really means as an individual. We will discuss obstacles to eating a healthier diet and include options, tools and resources to promote healthy eating habits. RSVP at this link:

<https://villagemovementcalifornia.org/events/?eid=13704>

ESCOM invites you to "Eyewitness Memory and Identification"

Thursday, November 11, 11:00am – noon

Zoom



How true are eyewitness accounts? Why are eyewitness misidentifications the leading cause of erroneous convictions in the courts? What factors contribute to the high rate of misidentification? How can we reduce the rate of misidentifications? Is the US working to fix this? To sign up, use this link: <https://tinyurl.com/96m8hmw>

Kathy Pezdek is a professor at Claremont Graduate University, where she chairs the Cognitive Science Program. Her extensive record of published research has explored many topics related to law and psychology, including eyewitness memory by police officers and civilians. Dr. Pezdek regularly testifies in this capacity in federal and state court cases.

ESCOM Emeritus Students College of Marin Member Questionnaire

Fall is here and we're ready to kick off three new cross-generational ESCOM programs:

- Mentoring
- Speakers' Bureau
- Panel Discussions

With these new programs, we hope to connect in practical ways with students from the College of Marin, many of whom are the first in their family to attend college, to foster growth, learning and career development. For those members looking for a deeper connection with students, please help us by answering a few questions. Your response and involvement will be important to the strength and importance of these programs. Use this link to fill out the questionnaire: <https://tinyurl.com/3t7t34em> As always your response is confidential.

NOVATO VILLAGE ANNOUNCEMENTS

Volunteer Appreciation! Drop-in Open House

Saturday, November 13, 12:00 – 3:00pm

140 Garner Ct., Novato



The Novato Village Steering Committee would like to show our appreciation for the outstanding service you wonderful volunteers are providing our members. Please join us for a fun afternoon, meeting other volunteers, sharing stories and discussing the terrific work you are all doing in serving Novato Village members (and sometimes, members of other Villages), especially in this difficult time of COVID. Spouses or partners are welcome and encouraged to join us. Masks will be required indoors. **Be sure to RSVP by Tuesday, November 9th** to Joanne Lang, Jlangtap@gmail.com or (916) 716-5800. This will be a fun afternoon and we look forward to seeing you there!!

Marin Villages' Pop-Up Thrift Boutique

From Novato Village Steering Committee Chair Beth Livoti: "Marin Villages had a very successful pop-up thrift boutique at the beginning of October. We were fortunate in so many ways, with finding the perfect location, a great leading team comprised of members of each village, and

help from both members and volunteers alike in this great production. For the three-day sale we made close to \$26,000.”

AND MORE...

Happy Hour at Rickey’s in October. Sorry, there will be no Happy Hour in November or December. Wait for the new year!



Enjoying the last Happy Hour of 2021—see you in 2022!

Meet Joyce Applen, member of Novato Village Steering Committee

I often think that my mother and her four children were a Village. She was aware of the people in our community, especially those who were elderly, or not well, and would find a reason to check on them frequently. “See if Mrs. Ruben needs anything from Holts Store.” “I have not seen the Fords out today—take this jar of jelly to them.” “Be sure to pick up Mrs. Hewitt’s mail on your way home from school.” “Stop on your way home from school and see if Mrs. Courson has heard from her sons.”



I was born and lived in Farina, Illinois, a small town in Central Illinois, until I left to attend college in Charleston, Illinois. My parents both came from large families so there were many cousins, aunts, and uncles to celebrate holidays. I spent a couple of years in Chicago before coming to San Francisco in the summer of 1959, intending to stay for the summer.

It was love at first sight—the height of the Beatnik era. There were so many young people from all over the US and Europe there to experience San Francisco. I was not comfortable driving a car on the hills so I purchased a Vespa (very popular in SF in the 50s) and traveled around the Bay Area.

My husband David and I, with our 2 children aged five and two, moved to Novato in 1967. David had just passed the California Bar exam and was considering going into practice with a friend who had recently opened a law office in Novato.

I joined the League of Women Voters in 1969 – 70, and with Judy Arnold developed the Study on the Administration of Justice in the State of California. I was appointed by Supervisor Arnold Baptiste to serve on the newly formed County Corrections Commission, a group set up to study existing programs for county prisoners and probation officers and make recommendations to the Board of Supervisors on ways to improve them.

It was at a League of Women Voters meeting at my home that we decided to form a committee to preserve Mt. Burdell as open space. There was a plan to continue building houses up the mountain. At the next Marin Conservation League meeting, we set up a Mt. Burdell Committee and I became the chairman. At the request of the Novato City Council, the committee worked with the city planning staff to develop a Mt. Burdell Open Space Plan. The plan was incorporated into the master plan for the city. Later the committee developed an open space plan for the entire Novato planning area, including unincorporated land. I also served on two committees set up by the Novato City Council to study the future use of Hamilton Air Force Base.

In 1975 I was selected by the Novato Advance as one of Novato's Distinguished Women of the Year and a League of Women Voters success story because of my participation in multiple service activities. In 1979 I was appointed by the Board of Supervisors and served a four-year term on the County Planning Commission.

One of my husband's partners in his law firm suggested that I obtain a real estate license so that I could work on a plan of his to develop a New England-type coastal village on the North Coast of Marin. The village did not happen, but I did sell real estate in the Bay Area for 33 years and retired in 2013.

I first learned of The Village program while visiting our daughter in Wellesley, MA in 2002. I read an article in the *Boston Globe* about neighbors and volunteers helping their neighbors with rides to the doctor, grocery shopping, etc. I thought that I would organize that kind of program when I retired. It had already happened when I retired. Marge Jackson and Beth Livoti were in my Pilates class and invited me to join their group.

My participation in Novato Village seems like a continuation of my mother's example.

HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms and online donations.

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